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IT TAKES A LONG TIME TO TAME A TIGER

LONGEST GAME IN JAYS' HISTORY — A 19-INNING CONTEST AGAINST DETROIT — ENDED IN VICTORY AFTER JOSE BAUTISTA'S WALK-OFF SINGLE

PAGE 17



A doggone good time

The Dog Days of Summer's Grand Parade attracted more than 100 dogs and owners — many of whom were house-trained

PAGE 4

Fire destroys old farmhouse

Blaze at Windgate Farm is called suspicious by RCMP; fire crews were able to stop the flames from spreading to an old barn on the property

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Complaint plunges Iraq government into crisis

PM accuses president of violating the constitution; the political infighting could hurt battle against militants

PAGE 7

Halifax kayaker on top of the world



Canada's Mark De Jonge rides his kayak after winning at the K1 men's 200-metre final of the ICF Canoe Sprint World Championships 2014 in Moscow, Russia on Sunday.

PAVEL GOLOVKIN/THE ASSOCIATED PRESS

ICF Canoe Sprint World Championships. Mark de Jonge paddles to gold in Moscow



KRISTEN LIPSCOMBE
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For 30-year-old sprint kayaker Mark de Jonge of Halifax, there is "a feeling of satisfaction" when he crosses the finish line first.

He got that feeling Sunday at the 2014 ICF Canoe Sprint World Championships, where he struck gold in the men's K1 200-metre event. He completed the final race in 33.961 seconds, claiming his first-ever world title and setting a new International Canoe Federation time to beat.

"I had put in a lot of work, physically and mentally preparing," de Jonge said Sunday from Moscow, Russia. "So I really felt confident that I had done everything that I could."

Sunday's race is what counts in the record books,

but de Jonge's time was even faster in Saturday's semifinal, during which he clocked 33.945 seconds. "I knew that if I could have that same performance on the final day, that I was ... setting myself up to become a world champion."

Originally from Calgary, de Jonge picked up a paddle in 1997, when his family moved to Halifax, to "stay active in the summer, meet some people and have fun."

He quickly turned the pastime into a passion.

His fastest time is 33.804 seconds, which he raced to qualify for the London 2012 Olympics. The kayaker won bronze there and snagged silver at last year's worlds, so this year, nothing less than gold would have satisfied him.

Next up is nationals, another important step on the intense road to Rio 2016, where de Jonge will be gunning for gold again.

"I'm really going to look for the small things that are going to keep me on top," he said, adding this year's gold gives him Olympic "momentum."

More competitors

Other Haligonians at Canoe Sprint Worlds in Moscow:

- Ben Russell — Dartmouth — fourth in C2 1,000-metre
- Jason McCoombs — Dartmouth — fifth in C2 200-metre; 8th in C1 200-metre x 4 relay; 15th in C1 500-metre
- Una Lourder — Dartmouth — 10th in K2 200-metre
- Genevieve Orton — Lake Echo — 10th in K2 200-metre
- Andrew Jessop — Halifax — 15th in K4 1,000-metre
- Michelle Russell — Waverley — 13th in K1 200-metre; 13th in K2 500-metre

"I (have) some big expectations of myself," de Jonge said. "So I was really happy to cross the line first."

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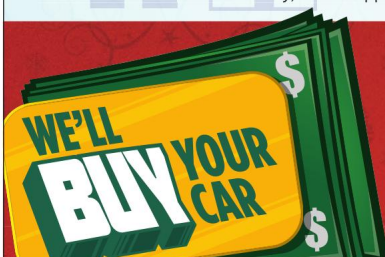
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Single-vehicle accident

Early morning one-car crash kills 22-year-old man

A 22-year-old man is dead following a single-vehicle crash in Nova Scotia early Sunday.

Police say a preliminary investigation suggests the man lost control while making a sharp turn on Highway 311 in North River, just outside Truro.

RCMP say a light rain was falling at the time of the crash, which took place shortly before 2 a.m.

Police say the man, from Truro, was the only person in the vehicle.

He was pronounced dead at the scene.

An investigation is underway.

THE CANADIAN PRESS

No injuries

Man arrested after report of threat to stab another man

Police arrested a man in Halifax on Saturday afternoon after he allegedly threatened to stab someone during a robbery.

Halifax Regional Police say a man was approached by the suspect near the corner of Queen and Morris streets around 4 p.m.

The accused allegedly threatened to stab the victim if he didn't hand over his cellphone.

No weapon was seen and the victim wasn't injured.

Officers arrived at the scene and the accused was taken into custody.

METRO

Lost control

Woman killed driving motorcycle

Police in Colchester County are investigating a fatal motorcycle crash that killed a 53-year-old woman from Sydney.

A preliminary investigation determined that the rider lost control of her vehicle and went over the guardrail on Friday afternoon on Highway 104 at Exit 12 in Masstown.

The 53-year-old victim, who was travelling to Prince Edward Island, was pronounced dead at the scene.

TRURO DAILY NEWS



A house on the former Windgate Farms in Windsor Junction was destroyed by an overnight fire on Sunday. JEFF HARPER/METRO

Vacant farmhouse goes up in flames

Windsor Junction. RCMP calls fire suspicious, not ruling out deliberate action



HALEY RYAN
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A fire that destroyed the old house on Windgate Farm in Windsor Junction early Sunday morning has been deemed suspicious.

Fire crews arrived at the property on Second Lake around 2:30 a.m. after bystanders called in reports of a forest fire when they saw tall flames leaping over the treeline.

Quoted

"When a building is that well involved with fire, they may never find an exact cause."

Pat Kline of Halifax Regional Fire

Pat Kline, acting division commander for Halifax Regional Fire, said when nine trucks and 25 firefighters responded, they saw it was not the woods that were on fire, but in fact the vacant house.

"It was probably like 30-foot flames coming off the top," Kline said.

The crews kept the fire from spreading to an old barn, Kline said, and the

building collapsed in on itself about 15 minutes after they arrived.

Area Coun. Barry Dalrymple said Windgate Farm was originally owned by the Campbell family, and it stayed in the family for decades. The house was more than 80 years old.

"I'm sure it would have gone up like 'poof!' — nothing," Dalrymple said.

He added there was a riding school on the farm for many years, and that the barn once held up to 60 horses.

Former owner Shirley Campbell sold the lake-front lots to Powder Mill Developments a few years ago, and in 2012 developer Chris Macaulay had a 14-

unit townhouse condo development approved for the property.

Dalrymple said construction has yet to start, and he believes the developer is still negotiating with the rail company over putting private driveway over old train tracks.

Investigators were on scene Sunday afternoon looking through the rubble for the cause of the fire, but Kline said there had been no power to the house, eliminating electrical problems from the equation.

Cpl. John Stoddart of Halifax RCMP said they are investigating the fire as suspicious, and arson or accidental reasons have not been ruled out.

No charges in airport breach

No charges are expected after a 37-year-old woman scaled the fence around the Halifax Stanfield International Airport and ran onto the airfield Sunday, say RCMP.

At 8:30 a.m., airport spokesman Peter Spurway said the woman was spotted by the control tower as she ran onto the tarmac after scaling a three-metre-high barbed wire fence near the

hangar line, away from the main terminal.

"It is a rare occurrence," Spurway said Sunday afternoon.

A small aircraft was rerouted away from the woman, Spurway said, and she was never in danger, "although the potential was definitely there."

A car was brought over and the woman was appre-

hended and held until RCMP arrived, Spurway said.

The airport will investigate the incident and determine whether anything could be done to enhance security in the area, Spurway said.

RCMP spokesman Sgt. Alain LeBlanc said the woman was taken to hospital for medical assessment.

LeBlanc said the 37-year-

old believed her partner was on an aircraft and was trying to stop it from taking off.

RCMP later learned her partner was not on any plane Sunday, LeBlanc said.

"This is extremely unusual. I have never heard of this in my many years of policing," he said.

LeBlanc said charges are not expected.

HALEY RYAN/METRO

Downtown goes to the dogs

Dog Days of Summer. Second annual pooch party takes over Grand Parade

**BRAEDON
CLARK**

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Fat dogs and skinny dogs; black dogs and white dogs; police dogs and dogs that could almost fit in the palm of your hand — almost every type of canine imaginable was at Halifax's Grand Parade on Saturday afternoon for the second annual Dog Days of Summer celebration.

The event, which drew well over 100 dogs and owners, was both a fundraiser for the Litters 'n Critters Rescue Society and an op-

portunity for the Downtown Halifax Business Commission to market the area as dog-friendly.

Several downtown businesses were offering treats and water bowls to dogs all afternoon; Durty Nelly's even opened up its patio to man's best friends.

"We want to highlight the dog-friendly businesses and let people know that this is a great area to bring your dogs," said Ivy Ho, the commission's director of communications and marketing.

While the dogs were more than happy just sniffing each other, there was extra entertainment for the humans on hand, including a dog fashion show (one dog was spotted sporting a top hat) and several prize giveaways.

At a table set up along the side of the square, members of Litters 'n Critters happily accepted donations.

"The goal here is to show people what rescuing a dog is all about," said Shelley Cunningham, the society's president.

Homes for pups

Since 2007, Litters 'n Critters has found homes for over 3,000 dogs.



Grimm, a 15-year-old toy poodle, shows off his top hat during Saturday's dog fashion show. BRAEDON CLARK/FOR METRO

Enjoying the sun in front of City Hall was Steele, a five-year-old German Shepherd

who works with the Halifax Regional Police.

Steele drew a large crowd

of admirers — but, unlike most of the other dogs, Steele remained quite calm,

content to watch the goofy antics of his fellow canines from afar.

Reward offered for information in death of puppy



Rosebud was a few weeks old when this photo was taken in March. CONTRIBUTED

People for Dogs, a Nova Scotia-based, anti-cruelty and animal advocacy group, is offering a reward for information leading to a conviction in the case of a puppy killed recently in an alleged Kingston home invasion.

Rosebud, a five-month old boxer/pit bull cross, was found dead by her owners on Aug. 4. An investigation into the dog's death and the break-in is now underway by Kings District RCMP.

Scott Saunders is the Valley-based spokesman for the organization, which, for the past

three years, has been actively pushing the province to adopt anti-tethering and stronger animal protection laws.

"I believe that somewhere, someone out there knows something. It may be next week, next month or next year, but something has to break," he said.

Nova Scotia Crime Stoppers, the Kings County SPCA branch and Kings District RCMP will accept public tips that could lead to a reward on behalf of People For Dogs, he said.

This is the first occasion in

Quoted

"We know there is a dog killer on the loose in Kings County."

Scott Saunders of People for Dogs

its history that the group has offered a reward for information.

"But this act was so heinous. This dog was not only killed, she was tortured," said Saunders, adding the group believes there is a link between animal cruelty and crimes against people.

That person is most likely dangerous, he said, which warrants the new tactic to get information, said Saunders.

Saunders is hopeful an eventual conviction in this case will bring jail time, not just a fine like the one recently handed down to Lunenburg resident Jason Remai after he was found guilty of leaving his dog to die in a hot car in the summer of 2013.

"That was a monumental decision, but this type of offense is definitely deserving of jail time," Saunders said.

KING'S COUNTY REGISTER

Alfie MacLeod

MLA hospitalized with serious infection

A Cape Breton MLA is in hospital with a serious infection.

The Progressive Conservative Party of Nova Scotia issued a statement on Saturday saying that Alfie MacLeod is receiving treatment at the Cape Breton Regional Hospital in Sydney.

The 58-year-old represents the riding of Sydney River-



MLA Alfie MacLeod CAPE BRETON POST

Mira-Louisbourg. MacLeod says in the state-

ment that he is committed to resuming his MLA duties as soon as possible but that his health and family must come first.

He was first elected in 1995 and served as Speaker of the Nova Scotia House of Assembly from 2007 until 2009.

The statement did not provide details on the nature of his infection.

THE CANADIAN PRESS

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Renovations

\$5M for housing properties

Nine seniors and social housing properties across Nova Scotia are getting \$5 million in renovations under a housing agreement between Ottawa and the province.

Upgrades include work on plumbing, windows, elevators, bathrooms and sprinklers. The province says about 1,000 seniors will be affected. THE CANADIAN PRESS

Work to be audited

Doctor rebuked for mishandling surgery

A Nova Scotia doctor is being formally reprimanded for a surgery that preceded a patient's death.

The Nova Scotia College of Physicians and Surgeons is lifting many previously imposed restrictions on Martin Dzierzanowski while ordering six months of audits on his surgical cases.

The remaining conditions on Dzierzanowski require that a second doctor supervise certain procedures, including colon resections and all minimally invasive or keyhole surgeries.

In February 2012, the college says in a statement that the Truro-based surgeon performed a biopsy on a patient's pancreas during what was supposed to be gall bladder surgery. It says the patient underwent further treatment in Halifax after his condition deteriorated, but that he later died. THE CANADIAN PRESS

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Yarmouth. Man builds fence out of swordfish bills

Once attached to mighty fish that slashed their way through schools of herring and mackerel, close to three-dozen swordfish bills are being used for a different purpose at Kevin Vallillee's residence on Main Street in Yarmouth.

He found them in a garage out back where they had been for "quite a while."

As some had rotting ends, Vallillee cut the bills to approximately 32 inches in length, then built a framework over them to hold them in place. They now stand on their own as a short span of unique fencing.

Many years ago a fisherman gave the bills to his father-in-law, folk artist Bob Thibreau, who had planned on making ornamental swords from them.

There are 30 bills in the fence, Vallillee says he wouldn't mind increasing the length.

The swordfish gets its name from the elongated nasal bone that is an extension of its up-



Kevin Vallillee at his Yarmouth home. YARMOUTH VANGUARD

per jaw. Contrary to popular belief, prey is not impaled on the sword. The streamlined fish swim through schools of herring and mackerel rapidly moving its head back and forth.

The mighty broadbill swordfish were once common off Cape Breton. With some reaching more than 1,000 pounds. Many fishermen from Yarmouth County commercially fish swordfish in the summer.

YARMOUTH VANGUARD

Northern Pulp. Mill's emissions still not meeting environmental standards

A pulp mill in northern Nova Scotia that's facing criticism over its emissions still isn't meeting environmental standards but its owners say they are making improvements.

Northern Pulp's aging equipment, particularly its electrostatic precipitator, hasn't been able to meet legal limits for emissions in Pictou and other neighbouring communities. But in a news release Friday the mill's owners say they are making progress and expect better results after a shutdown next month.

Mill spokesman David MacKenzie says the levels of particulates in the plume fell by 25 per cent in a mid-July

New spray nozzles

Mill spokesman David MacKenzie says next month the mill will install new scrubber spray nozzles that will inject more water into the emissions and experts will conduct annual maintenance on the precipitator and recovery boiler.

test, compared to results last fall.

That brings the particulate levels to 500 milligrams per cubic metre, while the legal limit is 375 milligrams per cubic metre. **THE CANADIAN PRESS**

Urology clinic

Rectal probes were improperly disinfected, health authority warns

A Nova Scotia health authority is notifying hundreds of patients after learning that medical equipment used for years in urology clinics was being improperly disinfected.

The Colchester East Hants Health Authority is telling more than 250 patients and their doctors that the prod-

ucts used to disinfect transrectal ultrasound probes were not recommended by the manufacturer.

Procedures involving the probes began in 2009.

They were stopped on April 15 and resumed the following month after staff received additional training.

A review by the health authority's medical specialist says it's unlikely anyone was exposed to serious infection because the probes were still cleaned between patients and covered with a protective sheath.

THE CANADIAN PRESS



Terry and John Miller, parents of Catie Miller, who has been missing for over three weeks, speak to reporters on Friday. BRAEDON CLARK/FOR METRO

Parents worry over missing daughter

No foul play suspected.
Terry and John Miller struggle to explain Catie's disappearance

BRAEDON CLARK

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John Miller stood up in front of the reporters and cameras, his wife crying quietly at his side, and said something no father would want to: he has no idea where his daughter is.

"It's as if someone threw off a light switch," he said

at a news conference on Friday, describing how suddenly his daughter Catherine 'Catie' Miller disappeared.

At her apartment, Catie left behind her trusty hair straightener, and a cat with no food or water.

It was as if she intended to come right back — but didn't.

Catie, 29, was last heard from on July 15, texting from her Dartmouth apartment and calling a cab company. It seemed like an ordinary day, but soon became anything but.

No one has seen or heard from Catie since, despite her family's best efforts to

plaster the city with missing person signs. More than three weeks into the saga, the Miller family has begun to cast their net wider.

"We feel she could be anywhere in Canada," her father said, adding that Catie didn't have a passport.

Police do not suspect that Catie was a victim of foul play, adding another layer of mystery to the situation.

According to her parents, though, Catie has suffered from depression in the past and was on medication as recently as February.

"We are concerned about

her state of mind," Miller said.

When asked if it was like Catie to disappear for an extended period of time, her mother Terry was firm.

"I'm a chronic worrier and she knows that," she said. "She always gets in touch with me."

Vigil planned

The Millers are planning a vigil for Catie at Grand Parade in Halifax on Tuesday at 8 p.m. If not found by then, it mark four weeks since they last heard from their daughter.

Man charged with sexual assault, voyeurism

Halifax police have arrested a man in connection with a sexual assault from last fall, and believe there may be other victims.

Craig Joseph Marchand, 31, turned himself in at police headquarters on Friday afternoon and is facing charges of sexual assault, administering a noxious substance

and voyeurism. He has been released and will appear in court at a later date.

Marchand has been charged in connection with an incident from November 2013 in which an 18-year-old woman reported being sexually assaulted after meeting a man downtown.

Police say the two met

socially at a bar, and when she awoke the next day, she went to hospital because she believed she had been sexually assaulted.

Police also believe "that there may be other women who were victimized in similar ways," but provided no additional details in a release issued. **METRO**

Have info?

Police are asking anyone with information about this case or any other similar incidents to contact them at 902-490-5016 or Crime Stoppers at 1-800-222-TIPS (8477).

Iraqi PM to file legal complaint against new president, as U.S. continues airstrikes

Kurdish fighters reinvigorated. The Kurds have pushed Sunni militants out of two villages in Iraq

Iraq's embattled Prime Minister Nouri al-Maliki, in a surprise speech late Sunday, accused the country's new president, Fouad Massoum, of violating the constitution and plunging the government into a political crisis at a time it is battling advances by Islamic State militants.

Al-Maliki, whose Shiite-dominated bloc won the most seats in April elections, accused Massoum of neglecting to name a prime minister from the country's largest parliamentary faction by Sunday's deadline. He said the president has violated the constitution "for the sake of political goals."

The political infighting could hamper efforts to stem advances by Sunni militants who have seized a large swath of northern and western Iraq in recent weeks.

President Barack Obama warned Americans on Satur-

day that the new campaign to bring security to Iraq requires military and political changes. Obama said Iraq needs a prime minister — an indication that suggests he's written off the legitimacy of the incumbent, al-Maliki.

Reinvigorated by American airstrikes, Kurdish forces retook two towns from Sunni militants Sunday, achieving one of their first victories after weeks of retreating, a senior Kurdish military official said.

Kurdish peshmerga fighters were able to push the militants of the Islamic State group out of

Thousands trapped

The Yazidis are a minority group who say the militants have said convert to Islam or die. Trapped on Sinjar Mountain, they are followers of an ancient religion linked to Zoroastrianism.

the villages of Makhmour and al-Gweir, some 45 kilometres from Irbil, Brig. Gen. Shirko Fatih said.

The United States launched a fourth round of airstrikes

Sunday against militant vehicles and mortars firing on Irbil as part of efforts to blunt the militants' advance and protect American personnel near the Kurdish capital.

U.S. warplanes and drones have also attacked militants firing on minority Yazidis around Sinjar, which is in the far west of the country near the Syrian border.

In the Kurdish capital on Sunday, the president of the semi-autonomous Kurdish Regional Government, Massoud Barzani, said American military support has been ef-

fective thus far, but, he added, peshmerga soldiers require more firepower to defeat the militants.

"What we are asking our friends is to provide us support and to co-operate with us in providing us with heavy weapons that we are able to fight this terrorist group," Barzani said.

British officials estimated Saturday that 50,000 to 150,000 people could be trapped on Sinjar Mountain, where they fled to escape the Islamic extremists, only to become stranded there with few supplies.

THE ASSOCIATED PRESS

St. Louis

Teenager shot in clash with police

A black teenager shot several times by a suburban St. Louis police officer was unarmed when he died, police said Sunday, as hundreds of local residents protested and a civil rights leader expressed outrage at the killing.

Michael Brown, 18, had graduated from high school and was about to enter a local college, said his mother, Lesley McSpadden.

McSpadden said she doesn't understand why police didn't subdue her son with a club or Taser instead of shooting him.

THE ASSOCIATED PRESS

Turkey

Erdogan wins first direct presidential election in Turkey

Current Prime Minister Recep Tayyip Erdogan won Turkey's first direct presidential election Sunday, striking a conciliatory tone toward critics who fear he is bent on a power grab as he embarks on another five years at the country's helm.

"Today, the national will won once again. Today, democracy won once again," Erdogan said.

With 99 per cent of ballot boxes counted, Erdogan had 51.95 per cent of the vote, according to state-run Anadolu news agency.

THE ASSOCIATED PRESS

Gaza conflict

Israel, Hamas accept new truce

Israel and the Hamas militant group accepted an Egyptian ceasefire proposal Sunday that would last 72 hours, clearing the way for the resumption of talks on a long-term truce to end a month of heavy fighting in the Gaza Strip that has taken nearly 2,000 lives.

A similar three-day truce last week collapsed in renewed violence over the weekend. Hamas is seeking an end to the Israeli-Egyptian blockade against Gaza, while Israel wants Hamas to dismantle its arsenal of rockets and other weapons.

THE ASSOCIATED PRESS



Perigee moon shines bright Sunday night

The supermoon is seen as it rises through the clouds behind the bronze Statue of Freedom by Thomas Crawford atop the U.S. Capitol in Washington on Sunday. The phenomenon, which scientists call a "perigee moon," occurs when the full moon is near the horizon and appears larger and brighter than other full moons. ALEX BRANDON/THE ASSOCIATED PRESS

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Boston. Tracking software flags Ebola case nine days before WHO announcement

The Ebola outbreak in West Africa is focusing a spotlight on an online tool run by experts in Boston that flagged a “mystery hemorrhagic fever” in southeastern Guinea nine days before the World Health Organization formally announced the epidemic.

HealthMap uses algorithms to scour tens of thousands of social media sites, local news, government websites, infectious-disease physicians’ social networks and other sources to detect and track disease out-

breaks. The software filters and classifies what is relevant data, identifies diseases and maps their locations.

“It shows some of these informal sources are helping paint a picture of what’s happening that’s useful to these public health agencies,” HealthMap co-founder John Brownstein said.

Developed in 2006, HealthMap is operated by a group of 45 researchers at Boston Children’s Hospital.

THE ASSOCIATED PRESS

Ontario

Patient declared negative for Ebola

A patient who was placed in the isolation unit of a Toronto-area hospital has tested negative for the often deadly Ebola virus.

Ontario Health Minister Eric Hoskins broke the news in a statement he

issued Sunday.

“I can now confirm a recent case that underwent testing at the National Microbiology Laboratory in Winnipeg was found to test negative for Ebola virus disease,” he said in a release.

There is no cure for the virus, which often kills more than half of its victims. THE CANADIAN PRESS

Panel debates ethics of Ebola treatments

West Africa.

Disease experts are set to review the ramifications of using unproven Ebola therapies on humans.

Experts from around the world will converge Monday by telephone to try to chart a path through a minefield of ethical issues related to the expanding Ebola outbreak in West Africa.

The experts — ethicists and representatives of the affected countries and other players involved in the outbreak — are meeting at the request of the World Health Organization to debate the ethics of using experimental Ebola therapies in this epidemic. Most treatment options, such as the one given recently to two American aid



A billboard in Sierra Leone encourages any feeling Ebola symptoms to visit a health centre. MICHAEL DUFF/THE CANADIAN PRESS

workers, have never been tested in humans.

“You have experimental products which have never even been used in humans, in healthy volunteers. And in addition, there is very, very

little of it. So what do you do?” asked Dr. Marie-Paule Kieny, WHO assistant director of general health and innovation.

“Of course it should be used, but for whom and how?

I think you could make a case that if they are to be used, they should be used also in a condition where it is possible to learn as much as possible from their use.”

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Guy Parent, Veterans Ombudsman, says Canadian peacekeepers have one of the most difficult jobs. DENIS ARMSTRONG/METRO IN OTTAWA

Peacekeepers recognized on National Day of Honour

Peacekeeping missions. More than 125,000 Canadians have served in the past 60 years — more than from any other nation

on Sussex Drive to mark Aug. 9 as National Peacekeepers' Day.

"Sometimes, it's like fighting with both hands tied behind your back," said Guy Parent, the national Veterans Ombudsman who represents more than 750,000 Canadian veterans.

"Because of the rules of engagement in Bosnia and Rwanda, we see a lot of Post-Traumatic Stress Disorder (PTSD) because the soldiers couldn't defend civilians from atrocities. The operational stress to peacekeeping can be severe. Consequently, there was a lot of guilt and psychological issues from those experiences."

No one would argue that being in the line of fire is dangerous work, but when your job is to prevent two warring factions from fighting, as the Canadian military have been doing for 25 years, peacekeepers often find themselves in the line of fire both from the front and the back. Making matters worse, they're often not allowed to fire back.

It's a whole new level of bravery that was acknowledged Sunday as hundreds of friends and family members honoured Canadian peacekeepers from the last 25 years as they marched from the War Memorial to the Peacekeeping Monument

Parent, who was a member of Canada's peacekeeping forces in the Sinai desert between Egypt and Israel from 1999 to 2001, said despite the dangers, Canadians are amongst the best peacekeepers in the world.

"Canadians are good peacekeepers because it's in our nature," said Parent. "We're happy people who are willing to help others. No wonder we're accepted around the world."

DENIS ARMSTRONG/METRO IN OTTAWA

Canada's Prince of Pot returns

Marc Emery, Canada's Prince of Pot, is expecting to be a free man come Tuesday.

The marijuana activist has finished serving a four-year jail term in the U.S. for selling seeds online.

He's been informed he'll be released from a privately-run Louisiana detention centre — where he was being processed for deportation — and then placed on the

next flight to Detroit. From there, he'll be walked across the border to Windsor, Ont., likely on Tuesday, according to his wife, Jodie Emery.

"He's been taking it day by day," she said, about his preparations for the release.

Marc Emery plans to make a statement and conduct media interviews once he returns to Canada as a free man, before settling down

for a picnic with family, friends and supporters.

He plans to make a stop-over in Toronto to visit more family and make himself available to media before returning home with his wife to Vancouver.

A rally is being planned for him at Victory Square, across the street from his famous Cannabis Culture headquarters and seed shop.

Jodie Emery — who is seeking a nomination to run federally for the Liberal party — told Metro she is flying to Windsor on Monday morning and will be waiting for Marc on Tuesday at the city hall plaza near the border.

Marc Emery has indicated he will resume his political activities upon his return.

MATT KIELTYKA/METRO

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No fixed address. Film student turns 'urban nomad' to pay debt faster

Faced with mounting personal debt, Geoffrey Westlock came up with a drastic solution.

He decided to go NEA — no fixed address.

The 44-year-old has been living in an RV trailer in Calgary since May, in a deliberate effort to pay down \$15,000 in debt he amassed as a film-school student.

Westlock now parks his truck and trailer in big-box store lots around the city, and calls himself an "urban nomad."

It's more economical than renting a room, or leasing a townhouse, he said, as his fixed expenses amount only to a phone bill, a truck payment, and \$122 every two weeks for the trailer.

"It frees up a massive amount of cash to pay down my debts," Westlock said.

"It frees up a massive amount of cash to pay down my



Geoffrey Westlock and "Wanda," the home-on-wheels he's living in these days. JESSICA PATTERSON/FOR METRO

debts," Westlock said.

Originally from Vancouver, Westlock moved to Edmonton in 1997 before heading to Red Deer, Alta., in 2008 to enroll in film school. He graduated in 2010 with a BA in Motion Picture Studies and \$15,000 in credit card debt.

JESSICA PATTERSON/FOR METRO

Stocks. Overseas chaos signals more instability for markets here at home

Stock markets are likely in for tough slogging again this week as traders grapple with uncertainty caused by escalating geopolitical troubles in Ukraine, Iraq and Gaza.

"I think we're dealing with some complex issues," said Jean-Francois Dion, portfolio advisor, Wealth Management, RBC Dominion Securities.

The Toronto market ended last week more or less flat, down 19 points, which still left the TSX up 11.56 per cent year to date. The Dow industrials ended the week with a gain of 61 points or 0.37 per cent

amid reports Friday afternoon that Russia had ended military exercises on its border with Ukraine.

Russia is the biggest concern for two reasons.

There are worries that Russia could actually invade its neighbour if it appears that Ukrainian rebels supported by Russia are in danger of collapsing under the onslaught of Ukrainian military forces. Also casting a pall over sentiment is the worry about the effect of sanctions and countersanctions on a fragile European economic recovery. THE CANADIAN PRESS



U.S. visa issues send some Silicon Valley workers North

Hootsuite's main headquarters in Vancouver, B.C., are shown in this photo. Software engineer Pablo Guana nearly refused a job with Facebook when the company redirected him to Vancouver from Silicon Valley because his United States visa application was rejected. The struggle to obtain entry for employment epitomizes how stalled immigration reforms in the United States, along with several other factors, may be galvanizing Vancouver's tech sector into becoming Silicon Valley North. Facebook said the employment of up to 150 staff in Vancouver from around the world is only short-term, and points to the obstructive U.S. immigration system.

HOOTSUITE/HANDOUT/THE CANADIAN PRESS

Did Twitter's stock fly too close to the sun?



HOW TO ROLL
Alison Griffiths
metronews.ca

are starting to change. First came the report that second-quarter revenue jumped 124 per cent. Then up popped the news/rumours/leaks that Twitter is moving into e-commerce.

But not everyone is piling on the Twitter bandwagon.

According to TheFlyOn-TheWall.com, there were four sell, 20 hold and 15 buy ratings on the stock a week ago. The consensus among analysts is hold with a price target of just over \$50.

That means most believe there is some upside to the stock but no one should be betting the farm on it.

Despite the e-commerce hints, there are still concerns that Twitter may continue

to be a creature of big events such as World Cup soccer and unable to sustain a steady growth in ad revenue in between.

Certainly big events power Twitter. There were more than 580,000 tweets per minute during the World Cup match between Germany and Brazil. And Beyoncé's Super Bowl extravaganza sparked 360,000 every 60 seconds.

That's a whole lot of OMGs, hashtags and trending going on.

But global market research firm International Data Corporation (IDC) doubts big-event highs will translate into growth.

"I would expect that at least

two-thirds of World Cup Twitterers will stop using the platform again over the next six months," Karsten Weide, head of IDC's consumer research, told MarketWatch.com.

Twitter's biggest misstep has been to throw down the gauntlet to Facebook. CEO Dick Costolo said he intends to build the largest social-media audience in the world. But that's just silly posturing.

In order to grab a bigger share of the ad revenue all these companies so desperately need, Twitter should focus on what it can do uniquely. The more it tries to beat Facebook at its own game, the more investors should be wary.

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TOP SIX @ 6

Weeknights at 6 Kat counts down the HOTTEST songs of the day

- 6 Mike Boyd 1 Hit Wonder
- 5 Sia Chandelier
- 4 Jessie J, Ariana Grande and Nicki Minaj Bang Bang
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HOW NOVA SCOTIA DOES BUSINESS

Nova Scotia is a small, interconnected, even inbred political, economic and social ecosystem.

So it was intriguing last month to hear former Empire CEO Paul Sobey publicly rail against the dense “haze of emissions” spewing forth daily from Pictou County’s Northern Pulp mill, stinking up the community in which he lives and in which his family’s super-successful grocery chain is headquartered.

If Northern Pulp can’t get its act together, Sobey told the CBC, “the government of Nova Scotia is going to have to turn around and protect the health of the people of the province.”

The irony, of course, is that Northern Pulp (originally Scott Paper) was midwifed into existence 47 years ago by Frank Sobey, Paul’s grandfather and ori-



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

ginal family empire builder. Frank also served as president of Industrial Estates Limited, a powerful Stanfield-era industry-luring crown corporation designed to drag our province, “kicking and screaming,” into the 20th century.

Frank, not to put too fine a point on it, used his considerable clout to also make sure his hometown got more than its fair share of those lured industries.

Including such infamous sinkholes as Clairtone Sound, Peter Munk’s ahead-of-its-time-TV manufacturing facility that swallowed more than \$20-million in scarce 1960s government dollars before disappearing into legend and our accumulated debt.

Even the era’s “success” stories carry their own toxic half-life. Michelin Tire, which has dictated labour law

and funding concessions to provincial governments since the sixties, is currently “significantly” reducing its Pictou County operations, laying off 500 more workers.

And then, of course, there is Northern Pulp, which has transitioned through multiple owners since Frank Sobey wooed Scott here with what a 2010 King’s Journalism School investigation called “cheap water, free water infrastructure, cheap wastewater treatment, property tax exemptions and a huge tract of crown land.”

Under whatever owner, the operation has never transitioned out of its dependence on Nova Scotia governments for funding; since 2009 alone, Nova Scotia has ponied up \$111.7 million in loans and grants. Nor has it been able to look the other way while it dumps toxic waste in our water and exceeds emissions regulations in our air.

The lesson of Northern Pulp isn’t just environmental. It’s also about how those in power have done business here for generations. Is it a lesson too late for the learning?

KEEPING THE ‘Z’ IN ... ZONKEY?



A hybrid of a zebra and a donkey stands at the Taigan zoo park outside Simferopol in Crimea on Aug. 5.
YURI LASHOV/AFP/GETTY IMAGES

Crossbreeding in Crimea: When a zebra ‘befriends’ a donkey

A Crimean zoo has welcomed into its collection a “zebroid” or “zonkey” after a zebra gave birth following befriending a

donkey.

Named Telegraph by the keepers at the Taigan zoo park, his head and body resemble that of a donkey and are a solid beige colour, with his legs marked by black zebra stripes.

Born last week, “Telegraph is very popular with visitors” who can watch him romping around with his mother, said director of the Crimean zoo Oleg Zubkov. **GETTY IMAGES**

Frowned upon

- Crosses between zebras and other members of the equine family are not unheard of, although it is more unusual that the zebra is the mother.
- However, allowing such breeding to occur is frowned upon in the zoo community.

METRO AUGMENTED REALITY

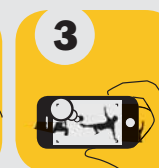
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In this issue, you can find AR enhancements on page 12 in Scene.

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Dollars in drawers in Detroit ... Woman, 78, busted with \$41,000 in cash in girdle, bra, bag at airport

A 78-year-old Florida woman tried to fly on an international trip to the Philippines from Detroit Metropolitan Airport with almost \$41,000 in cash hidden inside her girdle, bra and carry-on bag, federal authorities said.

A complaint filed Friday in U.S. District Court in Detroit said the Clearwater woman was trying to board a flight April 2 to the Philippines with her daughter. She initially said she had \$200 in cash but submitted a form declaring she had \$1,200, prompting questions.

The woman told authorities that she had recently sold her home for \$120,000, wired some money to the Phil-

\$21K in girdle

During a search, Customs and Border Protection officers found \$8,000 in wallets in her carry-on bag, \$4,000 sewn into a cloth pouch and nearly \$1,000 in envelopes, according to the complaint. She then told them she had \$3,000 in her blouse and \$2,000 sewn into the strap of her bra. Officers continued to search and said they found about \$21,000 in her girdle.

ippines and had planned to carry a portion of the money with her.

“She stated that she did not wire the proceeds to the Philippines this time because she thought it was safer to carry the money,” according to the complaint.

Federal law requires travelers to declare if they are carrying more than \$10,000. The woman hasn’t been charged, but the government in the forfeiture complaint said it wants to keep the money. The Detroit News reported details of the request Friday.

Federal court records don’t list a lawyer for the woman. The Associated Press left a message Saturday seeking comment from her at a telephone listing in Florida.

THE ASSOCIATED PRESS



Even in hair and leather, Sinead is still in charge

Not bossy. Singer defends sexy cover photo on new album that features honest and direct lyrics

PAT HEALY
Metro in Boston

Sinead O'Connor is no stranger to controversy. To promote her new album, *I'm Not Bossy, I'm the Boss*, (out on Aug. 12) the singer has been doing a round of press, but journalists were instructed not to bring up mental health issues or Miley Cyrus, with whom she had a public spat after the younger singer reacted unfavourably to O'Connor's open letter to her about the evils of the music industry.

She cautioned Cyrus about using sexuality to sell music, so it was surprising when O'Connor's new album arrived and the singer is looking quite sexy herself in a leather dress and (gasp!) an actual hairdo.

With the new album, I hear a bit of the honesty and direct lyrical style that was present in your breakthrough album, *I Do Not Want What I Haven't Got*, more so than any of your recent albums.

To some extent, I've changed the platform from which I write. When I was younger, before I made (the 2002 album) *Sean-Nos-Nua* and the Rasta record (2005's *Throw Down Your Arms*) and into (2007's) *Theology*, I guess I wrote from a different platform, as far as I was a young person who had a lot to get off her chest. I wrote from a much more personal point of view in those days.

But since then, I guess I closed the chapter, very much beginning with the last album (2012's *How About I Be Me (and You Be You)*). I'm inclined to write characters, mostly. So they're not necessarily autobiographical. In fact, for the larger part, they're not at all.

I would call myself a method singer/songwriter. Although I'm acting the part and I can identify with the characters, they're not necessarily autobiographical.

Having said that, you're not a million miles away. They're love songs, and I've never really written love songs. They're probably the most intimate songs that I've



Surprisingly, Sinead O'Connor agreed to pose in a leather dress and wig to promote her new album. Unsurprisingly, it became the cover. DONAL MOLONEY

ever written, insofar as they're all romantic. And the characters are all very sensual.

So, perhaps for that reason, there's an intimacy there that wasn't on other records, because they didn't touch on such intimate things.

Where does the album title come from?

I just saw this great picture one day of Beyoncé with that saying behind her head. I thought, "Oh my God! What an incredible saying." I was identifying with it at the time as a boss, as a female boss.

It can be a very tricky thing to be perceived as a boss at all in the music business, when you're an artist, male or female. We are all treated as if we were working for the people who are working for us. And I think that can possibly be exaggerated when you're female, and when you're young, whether you're male or female.

You have a line on the song *Eight Good Reasons* that goes, "I love to make music

but my head got wrecked by the business." This feels like a theme.

It's kind of about how, for a lot of musicians, you get into music for the sake of making music, and you only spend about four or five per cent of your time making music. The rest of the time it's business and, quite a lot of the time, the business end of music is very ugly. It's very much pimps and hos, and we're the hos, and that can be demeaning. It can wreck your head to deal with the kind of people you wouldn't drink with.

If we're talking about lyrics, there's another line in the song *James Brown* where you say, "I know I look like a wooden chair," which is definitely not the case on this album cover.

Well, thank you. I'm going to take that as a compliment. But I look even better without the hair. If I had that dress on and I had no hair, I'd look way better. It's just that I know if I slapped on hair, everybody would talk about it, and it

AUGMENTED REALITY

→ Scan this photo with your Metro News app to watch the video for *Take Me to Church*, the first single from Sinead O'Connor's new album.



→ See the full instructions on Metro's Voices page.

worked.

Talk to me about the promo photos in relation to the pimps and hos theory and the notion of sex appeal.

It's very interesting to me that people say "sex appeal," and I'm having a ball with it, and I think it's based on the fact that I have hair. Because I'm dressed, certainly on the album cover, I'm dressed from head to toe.

I think the leather dress probably helps, too.

Yeah, well, you know, that's something I'd wear in my own life or going out or whatever ... It just so happens that I had my picture taken. It wasn't supposed to be the album cover. I decided that.

I knew that if I got shots taken like that, with hair and looking all gorgeous, everybody would run the shots and they'd all have to run the name of the album, so it was purely to draw attention to the album.

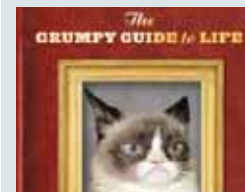
And then it was supposed to be just two shots, as a laugh, and that was it, and that was going to be the end of it. But then the record company asked if they could use those shots as the cover of the album.

And I then agreed to do a video, which is quite hilarious. So I wear those clothes if I want to, but I don't wear hair. It was purely to get attention for the album.

There's one song on the album that even sounds like *Led Zeppelin*.

Excellent! Justin Adams, who plays guitar on that, does play with Robert Plant. That's my favorite track on the album, *The Voice of My Doctor*. I like it because it is kind of *Zep*-like and it's kind of mental. I like the character. She's quite mad.

Ebooks

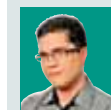


The Grumpy Guide To Life

By. Grumpy Cat

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• • • • •



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

"Never lead," advises Grumpy Cat in this book of self-woe, "always follow. It's easier to trip someone from behind." Filled with captioned cat photos, this guide to nurturing your inner grump deconstructs themes of love, nature, family, career, and friendship. It's a silly, sometimes witty, collection of gags already made familiar by the Internet that adds little.

Online star power



YouTube stars top Hollywood among teens

The average American teen is more likely to swoon over Smosh or PewDiePie than Johnny Depp or Jennifer Lawrence.

In a survey for *Variety*, respondents were asked to rank 20 personalities in terms of authenticity, approachability and influence. YouTube stars took the top five spots.

First is Smosh, the two-man comedy team, followed by The Fine Brothers, Swedish video gamer PewDiePie, British YouTuber KSI and U.S. celebrity Ryan Higa.

The highest-ranking woman is Lawrence, in seventh place. **AFP**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Director makes waves with Aquaman defence

NED EHRBAR
Metro in Hollywood

A couple of radio hosts in Detroit were talking trash about Aquaman last week, so Batman V Superman: Dawn of Justice director Zack Snyder decided to call in and defend him — proving once more that Aquaman can't defend himself and has no business in the Justice League. I kid! I kid! But seriously, folks, Snyder — who is in Detroit to film the superhero flick that clearly isn't taking up that much of his time — wanted to make it clear that Aquaman would be totally awesome in the movie should he end up in the movie, but



Snyder isn't saying he'll be in the movie. (He'll be in the movie.) "I don't want to give anything away about the movie, but Aquaman has some cool abilities," Snyder said. "(He) could cut the flesh of Superman if they came in contact ... It's not to say that he's in

the movie or anything like that, but he has the potential to be bad-ass." This does seem like a great way to get Snyder to spill more about the 2016 film than he was planning. Quick, someone with a radio show say something mean about Robin!

David Arquette toasts being true to himself

This does not bode well. One-time sober person and all-the-time good-time-party-guy David Arquette is not hiding the fact that he's been getting hammered lately, despite having a four-month-old baby at home. "I'm not sober. It's very hard (to work in the nightlife field and stay sober). That's probably why I'm not sober," he recently told Rumor Fix. That "probably" is a nice touch, suggesting more inquiry

into the subject is called for. That working in nightlife bit? Oh, Arquette is part-owner of a couple of alliterative Hollywood hotspots called Bootsy Bellows and Hooray Henry's. He'd previously been sober for more than two years before giving that up because, as he told Howard Stern at the time, "I wasn't being true to myself, like what I enjoy and this and that." To thine own self and this and that, Mr. Arquette.



David Arquette
ALL PHOTOS: GETTY IMAGES

Is that a mic wire in Elba's pants, or ...

The Internet went into a frenzy recently when photos of Idris Elba on the set of his new movie seemed to point to a certain astonishing anatomical aspect of the Luther and Thor star. Sleuths insisted the images prove Elba is both ridiculously well-endowed and a member of John Hamm's anti-underwear club. But apparently it was all too good — or big — to be true, as Elba himself took to Twitter to clear things up.

"The good news is I got a s—load of followers," he tweeted. "The bad news is that is a mic wire."

But what a lucky mic wire, right?



Idris Elba

Twitter



@Renner4Real

Well... I finally joined social media. Need a drink. Warming up for my

first post? #whore #lets-dothis



@rickygervais

Just spent an hour making an elephant mask for a charity. Rub-

bish. If your child did it you'd have to say "that's not going on any fridge"



@lenadunham

My mom just called after midnight and earnestly wished for "an

app that would help with talking to drunk people at parties."



Indio Downey

Younger Downey charged with felony drug possession

Indio Downey, son of Iron Man star Robert Downey Jr., has been officially charged with felony drug possession following his arrest in June, according to TMZ. Cops stopped a car in which Indio

was riding after spotting the 20-year-old brandishing drug paraphernalia. A subsequent search turned up cocaine on his person. Indio has previously sought treatment for addiction to pain medication.

"A THOUGHTFUL ROMANCE THAT HASN'T REALLY BEEN NAILED SINCE *HARRY MET SALLY*."

— ANDREW PARKER, DORKSHELF

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A FILM BY MICHAEL DOWSE DIRECTOR OF "GOON"

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Divorce wars are for losers

Negotiate or litigate?

Nobody wants in costly court battles, so work out a deal on your own and move on with life



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Trying to get a divorce? Wondering why it's taking so long and costing so much?

Family courts are backlogged because we've been conditioned to believe the divorce process has to be both litigious and expensive. But it doesn't have to be either.

If we applied some common sense — putting the beginning of our next chapter ahead of the retaliation we feel for ending the last chapter — it could be a much smoother process.

The Ontario government knows marriage dissolution is a mess. It's looking for ways to encourage people to talk it out rationally and stay out of court. That'll keep more money in people's pockets.

Darren Gingras, president of The Common Sense Divorce (with which I am affiliated) says, "In my work as an independent financial broker, it wasn't uncommon to encounter clients who had just come through a divorce process. Most of the time, my clients found themselves emotionally distraught, financially devastated and with their credit destroyed."

There's got to be a better way. It seems the trick is to recognize from the get-go that divorce is going to suck, that how much you contribute to the brouhaha will dic-



Once you've decided to split from your spouse, why prolong the agony with long divorce proceedings? STOCK

tate how much it costs, and there are alternatives: mediation and collaborative divorces are the smarter way to go.

Nobody gets married thinking the relationship will end in divorce. Even as I was marrying my third husband and my lawyer was shouting "pre-nup, Pre-nup, PRE-NUP!" I thought it would be my forever relationship.

When the crap does hit the fan, angry partners are inevitably given incorrect information or unrealistic expectations by well-meaning friends and family. That's only one of the dumb mistakes divorcing people make. If you or your

friends have no idea of the options available and assume incorrectly that you're in for a battle royale with long, drawn-out court appearances and expensive litigation, how will you pay for it all?

Money. Yup, it's the fighting over who will get how much, not the legalities of a divorce process, that causes costs and emotions to run high. The average price of a contested divorce in Ontario is \$15,800 per person. The average price of a contested divorce that goes to court is \$23,900, taking anywhere from one to three years to finalize.

So it's time to stir some common sense into the mix. It's time to set aside animosity, irrational behaviour, and unfettered escalating costs, and remember the point is to get out of the last chapter with dignity and enough money to start the next.

Don't think you'll get out of your marriage with a bill for \$4.95. But you can keep more of your family's money in each of your pockets if you show a willingness to discuss and negotiate.

And if you find the right team to help you navigate the rocky shores of the divorce process, you're more likely to

Mediation benefits

- 1 It'll cost 75 per cent less than going to court.
- 2 It's faster. You can take years to go through the courts or half the time with a mediated divorce.
- 3 Your privacy is maintained. Go to court and it becomes a matter of record.
- 4 The separation agreement can be better tailored to your situation.
- 5 There will be less stress on the kids.

sail into safe harbour.

The very idea of divorce can be so scary that people stay put rather than deal with the perceived complications.

Darren Gingras says his phone rings off the hook after major holidays and long weekends when people finally face up to the need to make a change in their lives. They've had enough and denial won't work anymore.

Wouldn't it be nice to have someone who knows what's going to happen next explain each step along the way?

You can have that. And you can have a team of experts that knows the ins and outs of what you have to consider as you make your decisions. (You do know that family lawyers don't know squat about money management, right?)

And you'll have someone to remind you that divorce isn't about winning — something a lot of people duking it out in court have forgotten.

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How to identify narcissists? Just ask them

U.S. researchers conducted 11 experiments involving 2,200 participants and found that identifying narcissists is as simple as asking them directly, while making sure they understand the definition of the word and its implications.

The magic formula? Ask the supposed narcissist the following question and don't forget to make him aware of the note at the end:

"To what extent do you agree with this statement: 'I am a narcissist.' (The word 'narcissist' means egotistical, self-focused, and vain.)"

Quoted

"People who are narcissists are almost proud of the fact."

Brad Bushman, Ohio State professor

Researchers did exactly so in experiments on a multitude of subjects.

"Overall, narcissism is problematic for both individuals and society," says Brad Bushman, co-author of the study and a professor of communication and psychology

at The Ohio State University.

"Those who think they are already great don't try to improve themselves. And narcissism is bad for society because people who are only thinking of themselves and their own interests are less helpful to others."

This discovery on how to single out such menaces to society represents a grand advancement in social sciences that will save time and effort for researchers by eliminating the need for the conventional Narcissistic Personality Inventory test. Researchers

found the results of their Single Item Narcissism Scale (SINS) test in accordance with those of the 40-item NPI.

Among the researchers' reflections after extensive interactions with narcissists is the element of pride observed.

"People who are narcissists are almost proud of the fact," says Bushman.

"You can ask them directly because they don't see narcissism as a negative quality: They believe they are superior to other people and are fine with saying that publicly." AFP



Although bad for society, narcissists are happy with themselves. ISTOCK

Doing the workplace watusi

From dance floor to desk. Pro dancer Derek Hough teaches us how to get the best out of all our partners

LAKSHMI GANDHI

Metro World News

Over the course of 13 seasons on *Dancing With The Stars*, ballroom dancer Derek Hough has been paired with celebrities as varied as former talk show host Ricki Lake, country singer Kellie Pickler and Olympian Shawn Johnson.

This week, Hough releases his book *Taking the Lead: Lessons from a Life in Motion*, in which he delves into what it takes to transform a celebrity into a dancer and how to take what can be scathing criticism on live television.

Hough — who just completed his *Move Live* tour co-starring his sister Julianne — took some time to share a few



Derek Hough performs at the 2014 Young Hollywood Awards in July.

GETTY IMAGES

of those lessons with us.

You will never be 100-per-cent ready

Wondering if it's time to make your next move? Don't wait until you are "ready," says Hough. "It's trial by fire," he says. "You're never 100-per-cent ready. That's something I learned growing up in England while being trained by dancers Shirley and Corky Ballas. For me, with my personality, I'm

such a perfectionist that I didn't want to go out on the dance floor until I was ready.

"If it was up to me, I would have stopped myself," he continues. "But Shirley just taught me to get out there and just do it."

Make an effort to get to know your partner — including co-workers

"Each partner is so different, but that's what makes it excit-

ing," says Hough. "It's all about adapting, it's about figuring out what are their strengths and weaknesses."

Work to bring out the best in your partner

Being a cast member on *Dancing with the Stars* means that you are one part professional ballroom dancer and one part life coach/therapist/chief motivator.

"One of my favourite parts is working with celebrities and really trying to figure out what that fear is and seeing their eyes light up when they get past it."

Sometimes you just have to learn as you go along

Longtime *DWTS* fans may be surprised to learn that Hough had never really choreographed professional routines before joining the cast. "I wasn't a teacher, I wasn't a choreographer. I was really faking it 'til I made it."

Criticism isn't personal

One of the hardest parts about performing on a show like

Be calm before your big moment

- "I tried to do this thing with (Paralympic snowboarder) Amy Purdy where we would just be talking about gratitude," he says about the ritual he developed with his partner last season. "We'd just be naming things we were grateful for like, 'I'm grateful for my family,' 'I'm grateful for my friends.' For Amy it would be 'I'm grateful for this dress I'm wearing.' And then all of the anxiety goes away and you are just feeling good."

DWTS is receiving criticism from the judges on live television just moments after a performance.

"Truthfully, early on I got really nervous," Hough recalls. "If it wasn't good, it was my fault, it had nothing to do with my partner."

He notes that his approach to the judges' comments has evolved over the years.

"Now it's more like, 'Am I happy with my performance?' If I feel like (my partner) did a really good job, I kind of take (the judges' comments) with a grain of salt. If it's negative and I agree, I always say so."

Two heads are better than one

Growing up on the competitive ballroom circuit, Hough sometimes found himself in direct competition with his sister Julianne and his best friend (and fellow *DWTS* cast member) Mark Ballas.

"It was interesting, growing up and competing against each other," Hough says now. "Competing on *Dancing with the Stars* is completely different. Now it's more, 'Hey, what do you think of this?' and 'Hey, can you come look at this?' It's much more collaborative now."

Lessons from the desert

Find new freedom by daring to be unreasonable



LESSONS FROM THE DESERT
Stéfán Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

Life hands all of us opportunities, yet we perceive most of them as outside our comfort zone. A big project comes up and the standard response is, "No, this is not reasonable." As we age, these tentative tendencies gets worse as our risk tolerance decreases, and decision-making hovers between protecting ourselves and avoiding the sting of po-



Amazing possibilities may not come as readily if you always choose the route that's most comfortable.

ISTOCK

tential failure at the expense of taking on something new.

When I'm faced with that decision, I think of my running mentor Dr. Mehmet Danis, whose favourite expression is: "Be unreasonable."

The opportunity to do just that came in May when I was invited to join a bicycle race in the French Pyrenees in which we would ascend 10,000 feet three days in a row.

The Pro-Am event teams

professional cyclists with seven amateurs; all must finish together.

My immediate response was obvious: lacking experience, not being bike fit, and being overweight, I would slow everyone down and be riddled with guilt if I accepted. And even if I thought I could do it, I didn't have enough time to get ready.

I had so many reasons to say no. But then Dr. Mehmet's words came to mind. "Be unreasonable," I thought.

Ten weeks later, on the eve of the race, I'm 20 pounds lighter and fitter than I thought was possible within that time frame, albeit filled with anxiety about what lies ahead. My life is forever changed: new habits, friendships, a love for a sport I never knew existed and an incredible experience I will remember forever.

Reasonableness is a standard against which we make most decisions. It typically yields a predictable outcome: Playing the game of life not to lose. Being unreasonable opens up the option of playing to win while expanding our comfort zones to include new possibilities.

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.



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Elevate a yummy Cobb on a bed of arugula and whole wheat pasta

Pack a picnic. All this week Metro looks at recipes with a fresh take on packable classics for eating out-of-doors or at your desk



ROSE REISMAN
For more, visit
rosereisman.com or
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@rosereisman

Planning a picnic but tired of the standard fare? Reimagine the classic pasta salad with a California Cobb twist. This healthy dish includes all the elements of a Cobb salad including tomatoes, corn, avocado, chicken and cheese, but with the addition of whole wheat pasta and a delicious simple Russian dressing.

It's easy to pack either as a plated dish or assemble right before you eat. Always keep the hot weather and proper cooling in mind when



This recipe serves four. ROSE REISMAN

packing your food for outdoor eating. Keep perishable items such as the chicken, cheese and dressing on ice and don't leave the pasta

salad out for more than two hours.

There's loads of nutrition in this one-dish meal. The whole wheat pasta gives

you an extra boost of fibre — close to double that of white pasta. Arugula boasts eight times the calcium, five times the amount of vitamin

A, vitamin C and vitamin K, and four times the iron of iceberg lettuce. Avocado contains folic acid and vitamin B6, which is associated with a lower risk of heart disease.

All in all, a healthy and incredibly delicious salad!

Directions

1. Cook pasta until just firm to the bite, approximately 8 minutes. Drain well and rinse with cold water. Place on a large oval dish. Add arugula and mix.

2. Combine ingredients for dressing and mix into pasta.

3. In a small skillet sprayed with vegetable oil, add corn and tomatoes and sauté on a high heat just until both vegetables begins to brown, about three minutes.

4. Place corn, tomatoes, chicken, avocado and shredded cheese over top in separate rows to create the classic Cobb look.

Ingredients

Salad

- 8 oz whole wheat Catelli rotini
- 1 1/2 cups arugula
- 1 cup canned or frozen corn niblets
- 1 cup grape tomatoes
- 4 oz cooked chicken breast
- 1/2 cup sliced avocado
- 2 oz grated white cheddar cheese

Dressing

- 2 tbsp mayonnaise
- 3 tbsp low-fat sour cream
- 2 tbsp Heinz sweet chili sauce or ketchup
- 2 tbsp water

SOURCE: THE BEST OF ROSE REISMAN
(WHITECAP BOOKS) BY: ROSE REISMAN

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Roast string beans for an unexpected burst of flavour

We're used to seeing green string beans as a side dish, but the white variety is often forgotten. Similar in taste and texture, I like changing it up with this uncommon pick.

These beans are filled with antioxidants and can be stored for at least a week if unwashed and placed in a plastic bag in the refrigerator crisper. Roasting the beans along with the garlic, tomatoes and black olives gives you a true Mediterranean feel. Great as a side dish or salad on its own.

Directions

1. Preheat the oven to 425 F. Line two baking sheets with

foil and lightly coat with cooking spray.

2. Place the garlic cloves and tomatoes on one of the foil-covered baking sheets. Place the string beans on the other sheet. Spray both sheets of vegetables with vegetable oil. Bake for 10 minutes, then remove the tomatoes. Continue baking for another 10 minutes until the beans are slightly browned and the garlic is soft. Carefully squeeze out the garlic cloves.

3. Place the beans on a serving dish along with the cherry tomatoes, olives, olive

Ingredients

Salad

- 8 cloves of garlic with skin on
- 2 cups cherry tomatoes
- 1 1/2 lb white or yellow string beans, trimmed
- 1/3 cup whole black olives
- 1 tbsp olive oil
- pinch of pepper

Garnish

- 2 tbsp chopped fresh basil

oil, pepper and garlic cloves. Toss. Garnish with basil.

SOURCE: THE BEST OF ROSE REISMAN
(WHITECAP BOOKS) BY: ROSE REISMAN



This recipe makes six servings. ROSE REISMAN

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After fatal hit

Stewart pulls out of Watkins Glen

Tony Stewart pulled out of the NASCAR race at Watkins Glen Sunday, 12 hours after the three-time champion struck and killed a sprint car driver who had climbed from his car and was on the darkened dirt track trying to confront Stewart during a race in upstate New York.

Greg Zipadelli, competition director for Stewart-Haas Racing, said at a news conference that Stewart "feels strongly" about not competing Sunday following the death of Kevin Ward, Jr. The decision was an about-face for the organization, which initially said Stewart would line up at Watkins Glen. **THE ASSOCIATED PRESS**

Rogers Cup

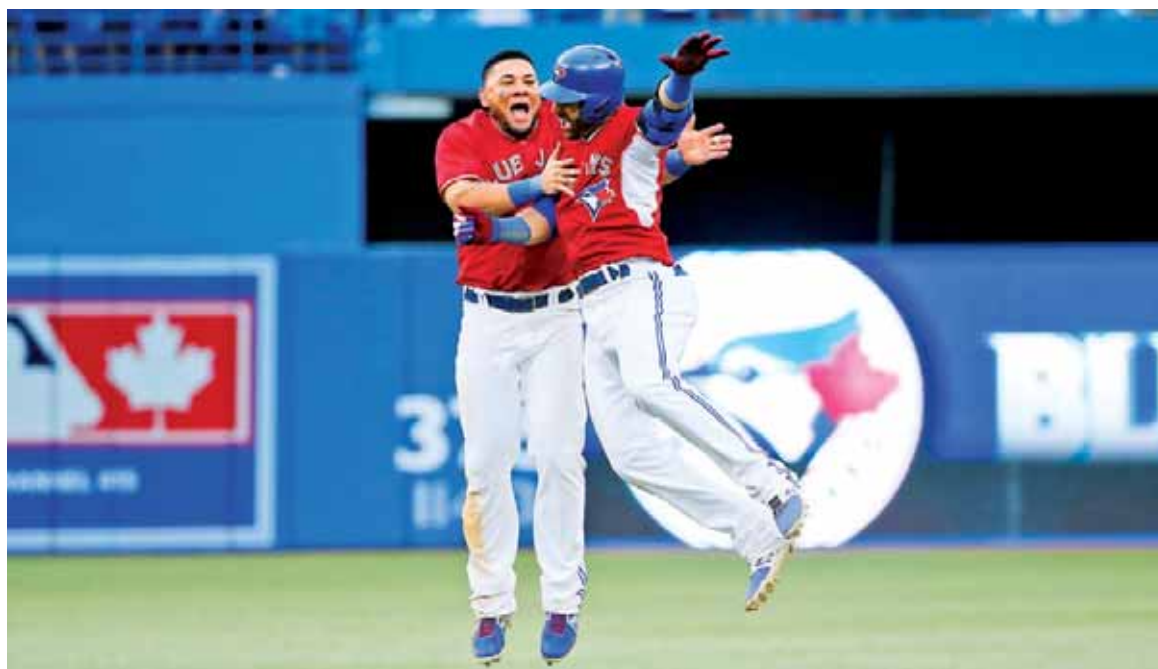
Federer final giant to fall at hand of Tsonga

Jo-Wilfried Tsonga defeated Roger Federer 7-5, 7-6 (3) to win the Rogers Cup men's singles title on Sunday afternoon at Rexall Centre in Toronto.

It was the fourth straight victory over a top-10 opponent for the Frenchman, who beat top-seeded Novak Djokovic, eighth-seeded Andy Murray and seventh-seeded Grigor Dimitrov en route to the final.

Poland's Agnieszka Radwanska defeated Venus Williams 6-4, 6-2 to pick up her first tournament win of the year at the women's Rogers Cup in Montreal.

THE CANADIAN PRESS



Melky Cabrera congratulates Jays teammate Jose Bautista on his 19th-inning, winning hit on Sunday evening in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

Jays pull double duty in toppling of Tigers

MLB. Bautista breaks stalemate in 19-inning marathon in Toronto

Jose Bautista made the most of his second chance.

The Toronto Blue Jays slugger grounded out weakly with the bases loaded in the 13th inning Sunday, missing the chance to play hero against the Detroit Tigers at Rogers Centre.

But when the opportunity came up again — six in-

On Sunday

6	5
Blue Jays	Tigers

nings later — Bautista came through, hitting an opposite field single over the head of a drawn in outfield in the 19th to score Munenori Kawasaki as the Blue Jays capped the longest game in team history with

a come-from-behind 6-5 win.

"I was just trying to see a pitch up in the zone and drive it into the outfield," Bautista said in a quiet but jubilant Blue Jays clubhouse.

"I got lucky that I connected well enough ... Obviously it was a great win for us."

It was the second straight extra inning walk-off victory for the Blue Jays (63-56) after the Tigers (62-53) won the series opener on Friday night by scoring three runs in the ninth to win 5-4.

"We had a long day today. We battled through a lot of

things," Bautista said. "Coming out on top at the end of the day is the only thing that matters and we were able to do it."

At six hours and 37 minutes, and 19 innings, it was the longest game in Blue Jays history both in terms of duration and the number of innings.

Toronto now hits the road for eight games over the next 10 days beginning Monday night in Seattle. The Jays are tied with Mariners in the standings, 1-1/2 games out of the AL's final wild card spot.

THE CANADIAN PRESS

McIlroy fends off field and darkness



Rory McIlroy holds up the Wanamaker Trophy after winning the PGA Championship at Valhalla on in Louisville, Ky. JOHN LOCHER/THE ASSOCIATED PRESS

The challenge finally arrived for Rory McIlroy, and he was better than ever in winning the PGA Championship.

On a back nine filled with as much tension as a major can provide, McIlroy emerged from a four-man battle with flawless golf to outlast Phil Mickelson and the darkness Sunday at Valhalla and capture his second straight major.

McIlroy closed with a 3-under 68 and became only the fourth player in the last century of golf to win four majors at 25 or younger. The others were Tiger Woods, Jack Nicklaus

and Bobby Jones, three of the game's greatest players.

"I didn't think in my wildest dreams I'd have a summer like this," said McIlroy. "I played the best golf of my life. I really gutted it out today."

But one of the greatest shows on soggy turf came with a most peculiar ending.

McIlroy hit a 9-iron from a fairway bunker on the 17th hole to 10 feet and made the birdie putt to take a two-shot lead to the par-5 18th. Because of a two-hour rain delay, darkness was falling quickly and it wasn't certain McIlroy would

be able to finish.

He was allowed to tee off even before Mickelson and Rickie Fowler had reached their golf balls in the fairway. Both were only two shots behind and still in the game. McIlroy came within a yard of hitting into a hazard right of the fairway. Mickelson and Fowler had to stand to the side of the green to allow McIlroy to play his second shot.

The 25-year-old from Northern Ireland hit into a bunker and had to two-putt from 35 feet for a one-shot win.

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Stuck on 12 Across?
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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

The planets are working in your favour at the moment, making it easy for you to resolve issues with partners and loved ones. Tell them how you feel — then just let it go.

♉ Taurus

April 21 - May 21

You do not enjoy having your private life made public and you will have to let someone know their big mouth is not appreciated. They'll get the message, if you say it with enough menace.

♊ Gemini

May 22 - June 21

If you start shouting back at people who raise their voices today you will be the loser. Calm yourself. There is nothing to be gained by getting worked up about trivial issues.

♋ Cancer

June 22 - July 23

A friend or family member needs your assistance. You know from your own experience how difficult it can be to ask for a helping hand, so make the first move.

♌ Leo

July 24 - Aug. 23

A small act of kindness now will pay large dividends later on. Do what you can to turn frowns into smiles.

♍ Virgo

Aug. 24 - Sept. 23

If you're attracted to someone you must let them know. Chances are they feel the same way about you.

♎ Libra

Sept. 24 - Oct. 23

You will find it easy to put your thoughts into words — and to deliver those words with considerable force. You are not in the mood to protect other people's feelings.

♏ Scorpio

Oct. 24 - Nov. 22

You must get something you promised you would finish out of the way before the end of the day. Once it is done you can turn to the things you want to do with a clear conscience.

♐ Sagittarius

Nov. 23 - Dec. 21

More things will go right than go wrong over the next few days, so stop worrying, start smiling and make fun things happen.

♑ Capricorn

Dec. 22 - Jan. 20

You may not care what is going on in the wider world but you will have to wake up to the fact that outside events have a big impact on you. Try to be more outgoing this week.

♒ Aquarius

Jan. 21 - Feb. 19

Don't waste your time doing things you do not enjoy. What will be will be, so let fate take its course.

♓ Pisces

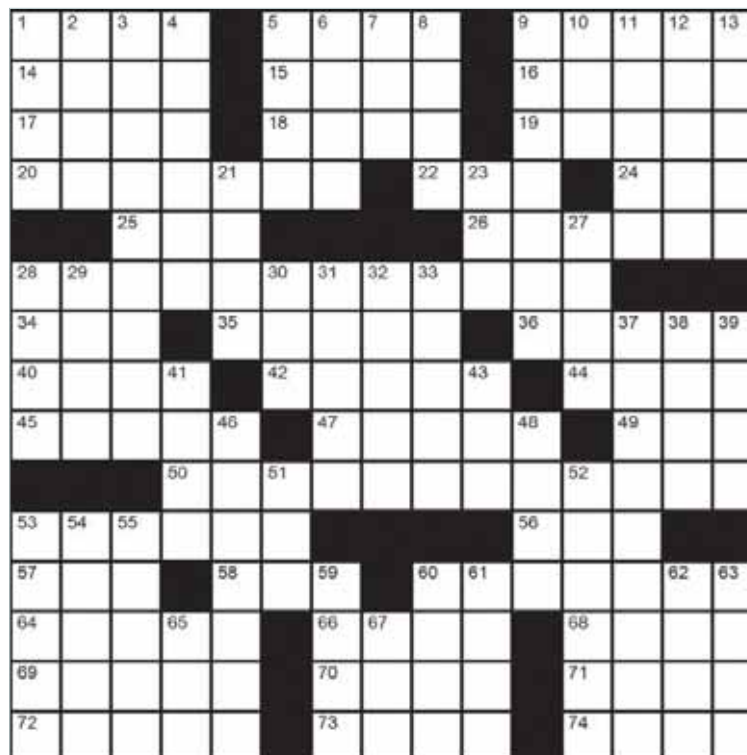
Feb. 20 - March 20

A dispute that has been going on for as long as you can remember is getting tedious, so make this the day when you switch off from it and do something more interesting.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Non-meat 'meat'
5. Nair competitor
9. Frank or Dweezil
14. Have ___ (Know 'somebody')
15. Writer Ms. Bronte (b.1820 - d.1849)
16. Alexis ___ Plaza, in downtown Montreal
17. ___ for the camera (Becomes a ham)
18. Ore deposit
19. Fittingly make do
20. Setting of Shakespeare's The Comedy of Errors
22. Me: French
24. German pronoun
25. ___, number (Ring!)
26. Gothic cathedral city in France
28. Lunch-in-the-park sight: 2 wds.
34. Mr. Donner who sounded like Elvis
35. Bridal fabric
36. Cite
40. Giant of ancient Greek mythology
42. ___ necklace
44. Additional
45. Premiere
47. Toronto football players, to fans
49. Aries animal
50. "Ain't it good / Ain't it right...": 1974 Andy Kim chart-topper: 3 wds.
53. Dapper
56. "Good stuff!"
57. She-poulet
58. Passports, e.g.



60. ___ blanket (28-Across accessory)
64. Intense
66. Receptive
68. Sandwich sort
69. Ms. Channing
70. Laundry fuzz
71. "Give ___ me straight."

72. Got ___ (Sports foul reason)
73. Particular preposition
74. Requisite

Down

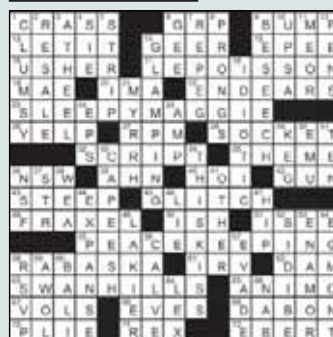
1. Domesticate
2. "Movin' ___": "The

- Jeffersons" theme song: 2 wds.
3. 1999 Edward Norton/Brad Pitt flick: 2 wds.
4. Camouflaged
5. Pet ___ (Pet products chain)
6. Adam and Eve's

- grandson
7. Halt
8. Be rife with
9. Moses ___, Canadian media trailblazer
10. Boost
11. Chapter of sorts
12. ___ the oven

- (Baking recipe instruction)
13. Gambling stakes
21. Cut
23. Nova Scotia's ___ Island, in Mahone Bay
27. Newspaper piece
28. Egg on
29. 'Different' suffix
30. Trophy style
31. Stark
32. ___ clock
33. Hockey great Mr. Savard
37. ___ Alive (640-acre nature attraction in Winnipeg)
38. 'Fed' or 'Gen' ender
39. Winnipeg-born singer Mr. Shand
41. 'Board' a beach?
43. ___ Z's (Sleep)
46. Alberta town southeast of Edmonton
48. Held with stitches
51. Ms. Charisse
52. Head, slang-style
53. "Love ___" by The B-52's
54. Nutty pie
55. Habituate
59. Aria = ___ song
60. Dapper dude
61. 1996 Celine Dion album: 'Falling ___ You'
62. Puccini aria: "Vissi d' ___"
63. 1970s fad, ___ ring
65. Montreal Canadiens legend Mr. Blake
67. Jewellery piece

Friday's Crossword



Online

See today's answers at metronews.ca/answers

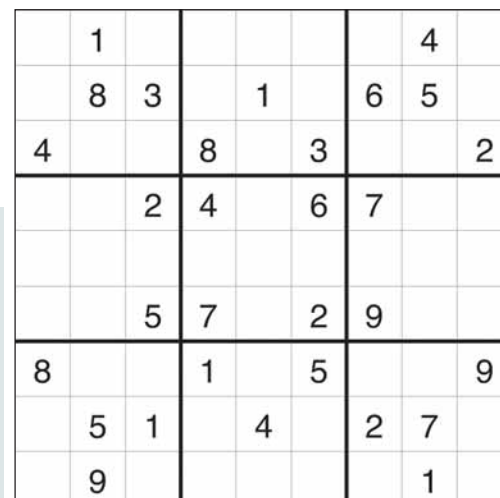


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



ENTER & YOU COULD

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*NO PURCHASE NECESSARY. Transaction not required to participate in the Contest. Contest ends 9/30/14. Complete contest rules available at any Instaloans branch or visit www.instaloans.ca. **Some restrictions apply including, but not limited to, loan amount restrictions based on the borrower's net pay.



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